

The Viewmont Voice

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Viewmont Elementary School

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In Faithful Hands - by Brenda Sisk

Mrs. Thompson's genuine love and concern for all children was certainly evidenced this school year as she began a project in September that would involve EVERY child at Viewmont School. In an effort to broaden the horizons of our students who have only begun to explore the possibilities of their future, she wrote a letter to every college and university in North Carolina asking them to provide



Where do you want to go to college? Many options are presented at "College Corner," the coolest new attraction at VMT.

pennants, flags, etc. from their institution. Her intention for these materials was to decorate a corner of our media center and call it the "College Corner."

Materials and letters from college and university presidents came pouring in. Many congratulated her on, "such an important task of starting early to encourage even our youngest children to start thinking about "college" as an attainable goal." A picture of EVERY child at Viewmont was collected



from teachers and then placed on various North Carolina state and university



symbols with a heading that read, "I'll See You in College!" Students have crowded the "College Corner" to look for their pictures and have



VMT is fortunate to have Phyllis Thompson making sure that our children are preparing for college. It is never too early!

pointed to places they would like to attend. Our preschoolers have based their choices on the colors of the pennants they liked and have shared what they want to study in college.



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Editor's Reflection

Now that old man winter appears to have officially gone into hibernation for the Viewmont Elementary School area, lots of people are having fun in the sun while wearing their least covering summer clothes. Please do not forget about the dangers of skin cancer, and take these precautions before spending excessive time outdoors.

- Avoid the sun during the middle of the day.
- Wear sunscreen on overcast days.
- Wear protective clothing.
- Avoid tanning beds.
- Know the effects of sun-sensitizing medications that you might be taking.
- Check your skin regularly and report changes to your doctor.

Get Prepared for Extreme Weather - by Shane Clark

Catawba County is fortunate to have been spared the recent devastation that many of our neighboring counties have experienced from extreme weather; however, we are not immune from future weather events that could occur at any moment. Current events can teach us many valuable lessons.

Since weather-related disasters can strike at any place and at any time, it is our responsibility to know where to go and what to do

when a lightning storm, tornado, flood, or any extreme weather-related event occurs. Having a plan can save lives, and any person can take the leadership role in preparing his or her family and classmates for emergency weather action. Here are some things to consider.

Step 1: Assess the Risks

Analyze the risks you can expect in your area. For example, if heavy rains are in the forecast, you would want to know:

Do we live in a floodplain?

Will local bridges, rivers, and roads handle the floodwaters?

If not, what can we do to minimize the loss of life and property?

What critical utilities such as grocery stores, transportation corridors, water and food supplies, and emergency services will be affected by a flood?

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Mrs. Micha Hale lovingly hugs both former and future Kinders at VMT Kindergarten Orientation Day. The Kindergarten teaching staff at our school is responsible for getting countless students onto the path of academic success and fulfillment!



Honeybee Mystery - from kids.nationalgeographic.com



All across the United States, honeybees are flying away from their hives and dying. Empty hives are causing a lot of worry about some important food crops.

Bees give us a lot more than delicious honey. They are pollinators—they enable plants to produce the fruits and nuts we enjoy by carrying pollen from one plant or flower to the next. The wind pollinates oats, corn, and wheat, but many other plants (like apple and cherry trees and melon vines) depend on insects, bats, and birds.

Animals pollinate about one out of every three bites of food we eat, and in the U.S., millions and millions of bees kept by human beekeepers fly around doing a lot of this important work for food crops.

Professional beekeepers raise honeybees, box them up, and send them on trucks to fields where farmers grow food. Bees live in groups of about 40,000 individuals called colonies.

California's almond crop alone depends on about half the bees in the country, about 1.5

million colonies! The bees pollinate in the almond groves for about six weeks and then are sent on to work other crops, but now the almond crop and many others could be in trouble with so many bees dying.

"The colony is what we call a super-organism," says Dr. Jeff Pettis of the Bee Research Laboratory at the U.S. Agricultural Research Service in Beltsville, Maryland. "When a lot of the bees die, the whole colony is at risk." Researchers like him at government and university labs all over the country are trying to figure out why so many bee colonies are dying.

However, explains Pettis, bees are hard to study. Most die away from the hive, so researchers don't have dead bodies to examine. And when researchers return to a hive after two weeks, about half the bees they studied on their first visit will be dead, replaced by new ones in the natural life cycle of bees.

Making detective work even harder, these busy insects fly up to two miles away from their hive in search of pollen and nectar from flowers.

So when bees pick up diseases or get exposed to poisons in their environment, it is hard to know exactly where that happened.

"It isn't like studying a large animal like a cow that doesn't move around much and is easy to find out in the cow field," says Pettis.

Researchers do have some ideas about what could be affecting bee health. They could be sick from poisons widely used to kill insects, or they might not be getting enough good food to stay strong. Also, tiny insects called mites feed on bees. "Any or all of these things could be weakening the honey bees," explains Pettis, "and then a virus or bacteria could be doing the killing."

Pettis is hoping for a solution, because bees are so important. "Here's a good example of what pollinators like bees give us," he says. "You can eat plain oatmeal every day and get by, and oats are pollinated by the wind. But if you want to add some blueberries or strawberries or nuts to your daily oatmeal, those are the things you have to thank pollinators for. Bees are worth protecting because their work adds so much to our diet."

VMT Family Game Night - Learning While We Have Fun!

On Tuesday, March 15th, Viewmont Elementary hosted a Family Game Night in our library, cafeteria,



that encourage learning in math and literacy. Learning is so much fun when the whole family gets involved! Several fun games were



us. This was an excellent time for parents to talk to their child's teacher and for students to show off to parents



and kindergarten classrooms. Parents and students gathered by grade level to learn about fun games



available for all participants, and Candy, the Hickory Crawdad's mascot, even showed up to have some fun with



what they have been learning. The PTA fund-raising snacks were great too!

Get Prepared for Extreme Weather - Continued from Page 1

Step 2: Make an Emergency Plan

Gather everyone involved (family, friends, neighbors, classmates) and discuss what you learned about the extreme weather risks in your area. Discuss with them what you would do if family members are not home when a warning is issued. Additionally, your plan should address the following:

Escape routes

Family communications

Utility shut-off and safety

Insurance and vital records

Special needs such as medicines

Caring for infants or family members with special medical needs

Safety skills that you regularly practice



Step 3: Prepare an Emergency Kit

Most people rush to the store upon the first news of weather disaster and leave sorely deprived of what they really need for an emergency. Here are some items that should be in your disaster supplies kit:

Three-day supply of non-perishable food

Three-day supply of water (one gallon of water per person, per day)

Portable, battery-powered radio or television and extra batteries

Flashlight and extra batteries

First aid kit and manual

Sanitation and hygiene items (moist towelettes and toilet paper)



Matches and waterproof container

Whistle

Extra clothing

Kitchen accessories and cooking utensils, including a can opener

Photocopies of credit and identification cards

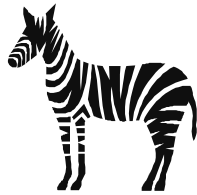
Cash and coins

The one thing we know for sure about nature is that it can be brutal. Watching for weather-related news is critical to enjoying the time off we have on weekends, but being prepared for a weather-related disaster might mean the difference between life and death for you and your loved ones.



Hooray VMT 2nd Graders, We are Going to the Zoo! - from nczoo.com

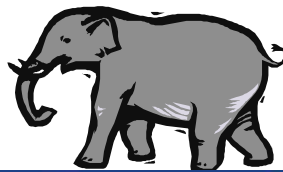
On May 17, 2011, all second graders of VMT are going on a field trip to one of the most popular attractions in our state, the NC Zoo!



With an area of 1,458 acres, the North Carolina Zoological Park in Asheboro is the largest walk-through natural habitat zoo and is the first state-supported zoo in the United States when it opened to the public in August 13, 1976. This is one of the only two state zoos in the United States; the other one is located in Minnesota. Included in the zoo's territory is the Uwharrie Mountains which has been considered as one of world's oldest mountain ranges and the Purgatory Mountain, which is the tallest

point on the zoo grounds at 937 feet above sea level.

With its objective to give visitors the awareness about the human's connection with the animal world, the North Carolina Zoo incorporated the simulation of a natural habitat for the animals, the first zoo to incorporate such setup. The North Carolina Zoo boasts its big collection of animals on its African and North American exhibits which were landscaped to resemble the real place where it was based. Visitors can roam around by walking in the five miles of walking path, or they can choose to ride transportations provided by the park like the trams and air-conditioned buses. The minimum



time to circumnavigate the whole park with convenience is five hours.



There are also a number of educational activities that are targeted among schooling individuals. The programs include Zoo Camp (for First Graders to Sixth Graders), Zoo Programming (exhibit viewing), Zoo To You Programming (inviting a zoo educator to schools), Zoo Snooze (overnight programs in the zoo), Classroom Programming, Home School Program, Scout Badge Program and Internship (for pre-professionals).

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Ages 5 & up

* Flip Bucks may be used for any Foothills class or activities. (Camp, Parent's Night Out or Birthday Parties.)

Mr. Ward's Reminders and Health Tips



The Risks of Obesity

Over two-thirds of adults in the United States are overweight or obese, and over one-third are obese, according to data from the National Health and Nutrition Examination Survey (NHANES) 2003-2006 and 2007-2008.

Risk Factors for Overweight and Obesity

- type 2 diabetes
- coronary heart disease
- high LDL ("bad") cholesterol
- stroke
- hypertension
- nonalcoholic fatty liver disease
- gallbladder disease
- osteoarthritis (degeneration of cartilage and bone of joints)
- sleep apnea and other breathing problems
- some forms of cancer (breast, colorectal, endometrial, and kidney)

Source: National Institute of Health



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**Everybody complains about the weather
but nobody ever does anything about it!**

~ Mark Twain

In Faithful Hands... Continued from Page 1

Mrs. Thompson's comment in the letter mailed out says it all: "I would like these materials to be a daily reminder that higher education is an attainable goal and open to each and every one of them."



Mrs. Thompson is a truly remarkable "educareer" of twenty five years and has demonstrated her genuine love and concern for all children by meeting the demanding challenges that each day brings with joy and excitement over what the children of our future can strive for and achieve.

Certainly Mrs. Thompson's example is a true indication of the importance of taking advantage of the windows of learning opportunities while doing so in a nurturing and loving learning environment where all children are expected to be "21st Century Learners!"



These precious girls will learn that planning for college should happen sooner than later!



Color Coding Kids Reduces ER Visits - from CVMC

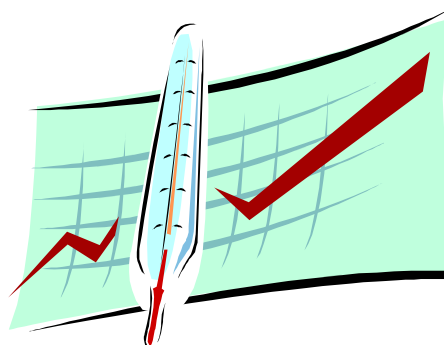
When giving fever medication to their children, many parents worry about measuring the dose incorrectly. Often, they err on the side of caution and end up underdosing – and when the fever does not come down, they call their physician or take their child to the emergency room.

Catawba Valley Medical Center has become one of the first in the country to implement Color Coding Kids, a medicine dosing system for children that helps parents determine accurate doses of over-the-counter fever medicines – namely, ibuprofen or acetaminophen – at home.

In partnership with NC AccessCare of Catawba County, CVMC is providing area NC AccessCare parents with free Color Coding Kids kits. The kits include a color-coded wall chart, a color-coded syringe, an adapter for medicine bottles, and instructions. The materials are in both English and Spanish and are available from family doctors and pediatricians affiliated with the Catawba Valley Medical Group.

How it works: Using a child's weight, a doctor determines a child's "color" based

on the color-coded wall chart. A color can also be identified based on height if the weight is unknown. Once a child's color is determined, parents match it on a color-coded oral syringe for an exact dose of medicine that is appropriate for that particular child.



Color Coding Kids is part of the larger Broselow-Luten System, in which hospitals across the country use color-coded charts to match properly-sized medical equipment with children based on weight and height. It was developed in part by

James Broselow, M.D., a former Catawba Valley Medical Center emergency room physician. A clinical version of the color coding medicine dosing system, which provides accurate dosing numbers for a variety of children's medications, has also been implemented at the medical center.

While Color Coding Kids' kits are only available to NC Access Care parents in Catawba County, Catawba Valley Medical Center is implementing a research program to determine if the kits help reduce emergency room visits for children with fevers. If successful, the initiative has the potential to be implemented statewide.

"The Color Coding Kids' kits are helping parents avoid unnecessary trips to emergency rooms for fevers. The hospital version is also making a big difference in emergency rooms and pediatric units because it simplifies complicated dosing calculations and helps take the guesswork out of treating a child," commented David Peltzer, M.D., Newton Family Physicians & Medical Director, NC Access Care of Catawba County.